

Rewards for Wellness
Full Year/Academic Year Payout Schedule 2012-2013
(only applicable to CCRI, RIC and URI)
(for employees paid on a 17, 18, 19, 20 or 22 pay period schedule)

Rewards for Wellness Activities	Start-Finish	Incentive	Incentive Delivered			
			Full Year		Academic Year	
1. Complete Stress Tutorial and 10-question Quiz.	August 1, 2012 – September 7, 2012	\$50	Oct 26, 2012	\$50	Oct 26	\$50
2. Enroll in CurrentCare or Complete Online Health Assessment	September 10, 2012 – November 30, 2012	\$50	Dec 21, 2012	\$50	Dec 21	\$50
3. Obtain Vision Screening at health fair or with your eye doctor.	August 1, 2012 – January 15, 2013	\$50	Feb 15, 2013	\$50	Feb 15	\$50
4. Obtain Blood Pressure Screening equal to or less than 140/90 or consult with your physician on a treatment program.	August 1, 2012 – February 1, 2013	\$100	March 1, 2013	\$50	March 1	\$50
			March 15, 2013	\$50	March 15	\$50
5. Obtain Body Mass Index (BMI) Screening < 30 OR Enroll in an approved weight loss program like Weight Watchers OR have three visits with a nutritionist OR submit proof of gym membership for three months.	August 1, 2012 – March 27, 2013	\$125	April 26, 2013	\$50	April 26	\$50
			May 10, 2013	\$50	May 10	\$50
			May 24, 2013	\$25	May 24	\$25
6. Physical Activity Challenge (5 weeks)	April 8, 2013 – May 12, 2013	\$125	June 21, 2013	\$50	Sept 13	\$50
			July 05, 2013	\$50	Sept 27	\$50
			July 19, 2013	\$25	Oct 11	\$25